

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

October 2012

Hamburger Casserole

Beef Stir Fry

Chicken Stew

Buttons and Bows Pasta

Winter Black Bean Soup

Hamburger Casserole

2 cups uncooked pasta
1 pound lean ground beef
1 medium onion, chopped
1 can (28 ounces) diced tomatoes
1 cup frozen vegetables
1 teaspoon basil
1 teaspoon oregano
¼ teaspoon black pepper
1 cup shredded reduced-fat cheddar cheese

1. Heat oven to 350 degrees.
2. Cook pasta according to package directions.
3. In a frying pan, cook the ground beef. Drain and rinse excess fat. Add the onions and cook until tender.
4. Place the ground beef and onions into an 8x8-inch casserole dish. Add the cooked pasta, tomatoes, vegetables, basil, oregano and black pepper. Stir well.
5. Sprinkle cheese on top of the casserole.
6. Bake for 20 to 25 minutes.

Nutrition Note: This recipe makes 6 servings. Each serving has 350 calories, 10 grams of fat, 38 grams of carbohydrates and 470 milligrams of sodium.



Cut Back on Your Kid's Sweet Treats

Celebrating Halloween healthfully isn't about giving up all the treats. It's about bringing them into balance. Make sure children eat a healthy meal before they go trick-or-treating so that candy is a dessert, not supper.

For more healthy Halloween ideas, check out www.cspinet.org/new/pdf/halloween.pdf.

Beef Stir Fry

1 tablespoon oil
1 pound round steak, trimmed
1 tablespoon reduced-sodium soy sauce
½ teaspoon garlic powder
½ teaspoon cornstarch
16 ounces frozen vegetables, any type

1. Preheat oil in a large nonstick skillet or wok on high heat.
2. Slice steak thinly into bite-size pieces. Place in skillet to brown.
3. Reduce to low heat and simmer for 10 minutes.
4. Combine soy sauce, garlic powder and cornstarch in a small bowl. Add to skillet.
5. Stir in vegetables, then allow to steam until tender.
6. Serve over brown rice.

Nutrition Note: This recipe makes 6 servings. Each serving has 200 calories, 9 grams of fat, 11 grams of carbohydrates and 180 milligrams of sodium.

Breastfeeding:

Why breastfeed?



"Breastfeeding is obviously the best option."

~ Cheryl, WIC Breastfeeding Mom from Lakota, N.D.

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Chicken Stew

10 cups low sodium chicken broth
4 potatoes, peeled and quartered
1 onion, cut into 1-inch chunks
2 celery stalks, cut in ½-inch chunks
1 carrot, thinly sliced
½ teaspoon black pepper
12 ounces uncooked bowtie pasta
3 cups cooked chicken or turkey

1. In a large soup kettle, combine the broth, potatoes, onion, celery, carrot and pepper. Bring to a boil and cook for 10 minutes.
2. Add pasta and cook for eight minutes.
3. Add chicken and cook for 4 to 5 minutes.

Nutrition Note: This recipe makes 8 servings. Each serving has 360 calories, 4.5 grams of fat, 51 grams of carbohydrates and 160 milligrams of sodium.



Buttons and Bows Pasta

2 cups (8 ounces) uncooked whole-wheat bowtie pasta
1 teaspoon oil
1 teaspoon garlic, minced (about 1 clove)
1 bag (16 ounces) frozen peas and carrots
2 cups low-sodium chicken broth
2 tablespoons cornstarch
1 teaspoon dried parsley
½ teaspoon black pepper
1 teaspoon lemon zest (optional)*

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta and cook according to package directions. Drain and set aside.
3. Heat oil and garlic over medium heat in a large sauté pan. Cook until soft, but not browned.
4. Add peas and carrots. Cook gently until vegetables are heated through.
5. In a bowl, combine chicken broth and cornstarch. Whisk until well mixed. Add to the pan with vegetables, and bring to a boil. Simmer gently for 1 minute.
6. Add pasta, parsley, pepper, and lemon zest (if used). Toss gently and cook until the pasta is hot.

* To make lemon zest: take one lemon and use a grater to take a thin layer of skin off the lemon.

Recipe adapted from: National Heart Lung and Blood Institute

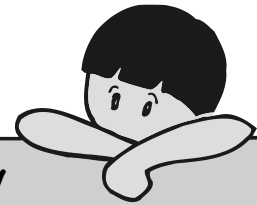
Nutrition Note: This recipe makes 4 servings. Each serving has 280 calories, 3 grams of fat, 56 grams of carbohydrates and 130 milligrams of sodium.



HAPPY HALLOWEEN



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV

Go for a color walk outside. As you walk, keep track of the different colors you see. Then when you return home, have your child draw a picture using those colors.

Source: www.headstartbodystart.org



Winter Black Bean Soup

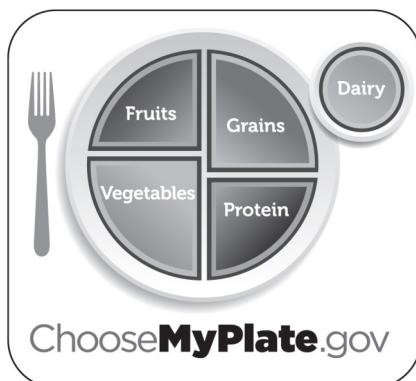
3 cups cooked or canned black beans
2 teaspoons oil
½ cup chopped onion (about ½ medium onion)
1 tablespoon chili powder
1 teaspoon ground cumin (optional)
1 can (14.5 ounces) Mexican-style diced tomatoes or diced tomatoes with green chilies
1 cup water
1 tablespoon lime or lemon juice (optional)

1. If using canned beans, rinse to remove excess sodium before cooking.
2. Heat oil in a large saucepan over medium heat. Add onion; stir until onion is soft, about 2 to 3 minutes. Add chili powder and cumin (if using). Cook and stir for 1 minute.
3. Add tomatoes, beans and water. Bring to a boil. Reduce heat, cover and simmer for 10 minutes.
4. Remove from heat and stir in lime or lemon juice, if using.

Recipe adapted from: <http://www.extension.iastate.edu/foodsavings>

Nutrition Note: This recipe makes 5 servings. Each serving has 180 calories, 3 grams of fat, 30 grams of carbohydrates and 360 milligrams of sodium.

GROWING HAPPY FAMILIES



Reduce the salt to lower your risk of high blood pressure

Limit packaged foods such as frozen pizza, helper meals, hot dogs and ramen noodles.

Skip adding salt when cooking.